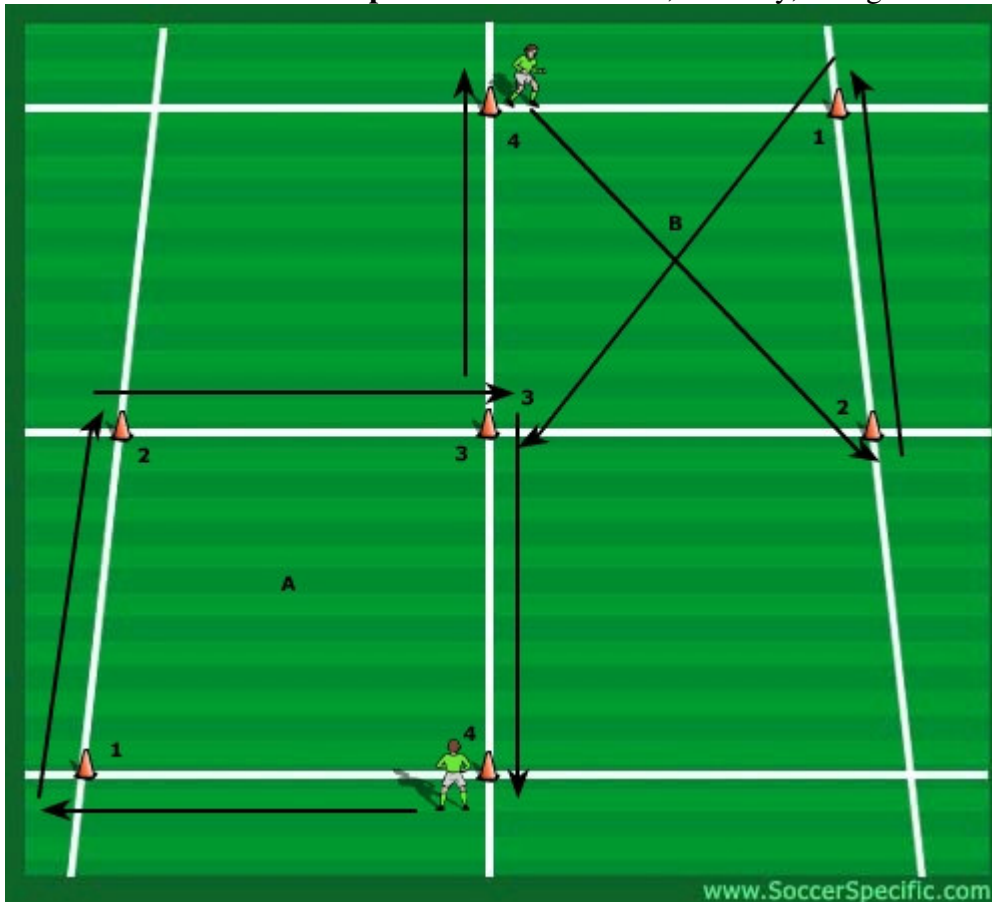


Fitness Squared

Emphasis: Cardiovascular, mobility, change of direction

Set-up:

Two 8x8 yard grids with cones at the corners of each grid.



Objective:

Goalkeeper must get around the grid as fast as they can. Goalkeeper must perform a different command for each side of the square. Goalkeeper does not have to only face one direction. Compete for a better time each rep.

Progressions:

Grid A

1. Sprint, high knees, sprint, high knees.
2. Sprint, carioca, sprint, carioca.
3. Backwards, side shuffle, backwards, sprint.
4. Skip, side shuffle, skip, carioca.
5. Repeat any combinations

Grid B

1. Sprint forward, diagonal crossover, sprint forward, diagonal crossover.
2. Sprint forward, diagonal carioca, backpedal, diagonal carioca.
3. Repeat any combinations.

Coaching Points:

- Take direct route to the cones.
- Turn head quickly.
- Maintain center of gravity.

“Great men and women are meteors designed to burn so that earth may be lighted.” -Napoleon-